

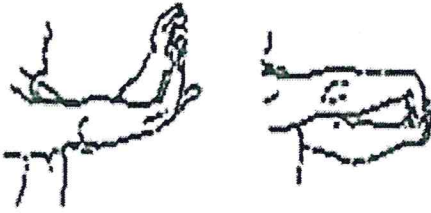
**Goal: To reduce injury and stress of employees through flexibility and stretching techniques designed to increase the health and well-being of all participants.**

**DO**

Stretch to the point where you feel a mild tension.  
Hold a stretch for 15 seconds  
Breathe slowly and naturally  
Keep hands, feet, shoulders, and jaw relaxed as you stretch  
Stretch often

**DO NOT**

Stretch any muscle that may cause you injury  
Bounce a stretch  
Push too far  
Hold your breath



**Wrist and Forearm Stretch:**

Keep elbow straight and relax the wrist  
Gently lift and bend the wrist/fingers up, hold the position until you begin to feel a stretch.  
Relax the wrist and allow the wrist to drop  
Now apply a gentle pressure to the back of the hand and fingers until a stretch is felt



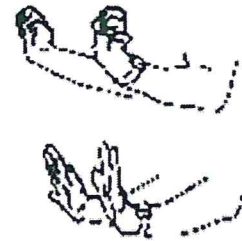
**Upper Trapezius Stretch:**

Gently grasp side of head while reaching behind back with other hand.  
Tilt head away until a gentle stretch is felt.  
Hold 10-15 seconds.



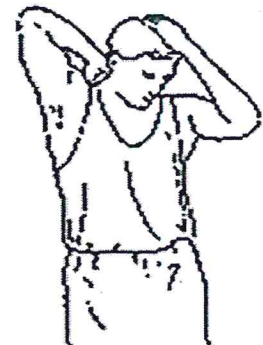
**Shoulder Rolls:**

Sit or stand with chin tucked in.  
Roll shoulders up and back in a circle.  
Repeat 10 times.



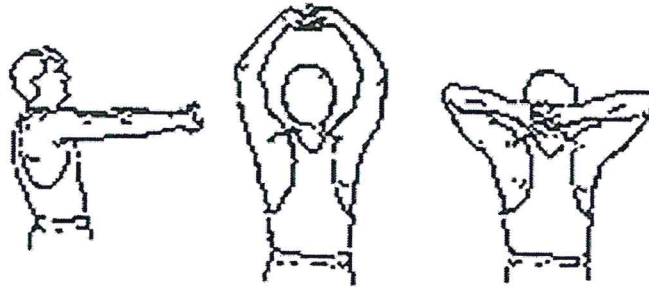
**Finger Curls**

Extend hands in front of you  
Bend fingers at knuckles and squeeze  
Relax, Separate and straighten fingers until stretching is felt



**Scapula Stretch:**

Place hand on same side shoulder blade.  
With other hand, gently stretch head down and away.



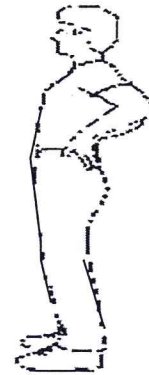
### Upper Back & Shoulder Stretches:

Clasp hands and reach forward until a stretch is felt in the upper back.  
 Relax arms and bring the hands behind the head.  
 Keep head up **DO NOT** allow to sag forward.  
 Gently stretch elbows backward.



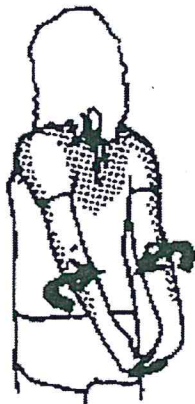
### Triceps Stretch

Place right hand on left shoulder  
 With left hand, pull right elbow across chest  
 toward left shoulder  
 Hold 10 Seconds



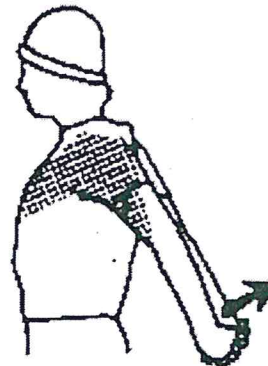
### Low Back Stretch

Stand and place hands just above back  
 of hips, elbows back  
 Gently press forward  
 Keep knees flexed



### Shoulder & Chest Stretch

Interlace fingers behind back  
 Slowly turn your elbows inward while  
 straightening your arms



Then lift your arms up behind you until  
 you feel a stretch.  
 Keep your chest out and chin in.